Olive Leaf Extract

Nature's Secret for Vibrant Health and Long Life

A Report from
The National Life Extension
Research Institute

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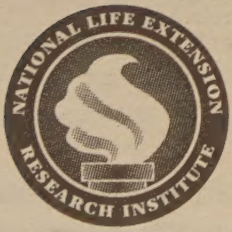

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The National Life Extension Research Institute
1675 E. Main Street, Suite 221
Kent, Ohio 44240
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Introduction

I'm sure you can remember where you were and what you were doing when:

...You first heard that President John F. Kennedy had been killed.

...Neil Armstrong took that "giant leap for mankind" and became the first man to walk on the moon.

...Richard Nixon went on national television and resigned the Presidency.

Take note of where you are and what you are doing right now.

While this event may not get the media coverage of these other momentous occasions, there is likely no other event in this decade, or the next, that will make such a profound personal difference in your life.

For this is the day that olive leaf extract frees all of us from fearing many of western society's most dreaded conditions of ill health.

But more importantly, olive leaf extract provides comfort, energy and the power for daily abundant living. Powerful health and a long, prosperous life can be ours.

Why, that sounds like the Tree of Life -- and so it just may be.

Robert Concoby
Director of Research
National Life Extension
Research Institute

Chapter 1

Olive Leaves: For the Health of the Nations

Scientists and those seeking the panacea for all of man's ills have often pondered the "Tree of Life" mentioned in the Bible. The 22nd chapter of Revelation states that:

> *...[T]he tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations.*

Although it is unlikely that such a tree is currently growing on the Earth, there is considerable historical, religious and scientific information relating to the olive tree that causes many to speculate.

The olive has the special biblical distinction of being the first herb named after the flood.

> *And the dove came in to him in the evening; and, lo, in her mouth was an olive leaf pluckt off: so Noah knew that the waters were abated from off the earth.*
>
> GENESIS 8:11

Some believe that God may have been communicating something to Noah besides the fact that the earth was dry. In any event, Scripture has far more to say about the olive — its fruit, oil, wood — than any other tree.

Olive oil was part of the special ointment used to anoint priests and kings. Solomon crafted the two cherubim who were to guard the Ark of the Covenant in the Temple's Holiest Place from olive wood.

Christ often retreated to the Mount of Olives with his disciples to teach and pray. In fact, the very olive trees under

which he prayed on the night before his passion are still alive and healthy today.

There are several other biblical references to olives, but it is sufficient to

Table 1-1

Scientific Discoveries Concerning Olive Leaf Extract and Calcium Elenolate

Calcium elenolate has shown the ability to:

- Lower blood pressure in animals
- Increase blood flow in coronary system
- Relieve heart problems
- Prevent intestinal muscle spasms
- Neutralize the production of reverse transcriptase as well as protease
- Inactivate bacteria by dissolving the outer lining of the microbes
- Act effectively at low concentrations without any harmful influence on host cell mechanisms
- Be extremely safe and non-toxic, even at high amounts
- Inhibit oxidation of low-density lipids (bad cholesterol)

Calcium elenolate has been shown to have:

- a powerful anti-bacterial effect
- a killer effect against many viruses, bacteria and parasitic protozoans
- potency against a variety of viruses associated with the common cold

say that the olive occupies a special place in Jewish and Christian history.

Even before the first book of the Bible was ever penned, man revered the wonderful fruit of the olive tree and the oil produced from the fruit. Today, the health benefits of olive oil continue to be extolled by both herbalists and medical science.

The ancient Egyptians worshiped the olive leaf as a symbol of heavenly power and also used the oil extracted from olive leaves to mummify their kings. Modern science is still discovering the unexplainable preservation abilities of olive leaf extract.

Throughout the ages, tea made from olive leaves has been a popular folk remedy for combating fevers.

Medical reports from the mid-nineteenth century report that a tea made from olive leaves cured the worst cases of malaria. This tea was extremely popular in England for treating sick sailors and passengers returning from tropical colonies. A doctor from that time

believed that the bitter substance in the leaves was responsible for its various healing powers.

Early in this century, the bitter compound was isolated from the olive leaf. This phytochemical, called oleuropein (pronounced ah-leh-YOUR-ah-peen) provides the olive tree with vast disease-resistant properties.

Oleuropein is credited with the olive tree's ability to live for thousands of years — it protects the tree against nearly every insect and bacterial predator.

Calcium Elenolate — the "miracle" ingredient

In 1969 medical researchers at Upjohn Company isolated another active compound in olive leaves — calcium elenolate — that kills pathogenic microbes. Since that time, they have been studying the effect of extractions from the olive leaf. Many of these studies will be referenced later in this book but some of their findings are summarized in Table 1-1 above.

These properties of calcium elenolate (pronounced e-LEN-oh-late) so encouraged the people at Upjohn that they spent much time and money in an attempt to synthesize and patent a "miracle" antibiotic. They discovered a problem that they were unable to overcome.

Although calcium elenolate showed unequaled therapeutic effects invitro (in a test tube) it was discovered that it was only effective in vivo (in the body) for a few minutes. They determined that calcium elenolate binds to proteins in the blood stream thus inactivating its anti-microbial properties.

The researchers at Upjohn were unable to overcome this problem, so they abandoned the project.

Several years ago independent scientific research produced the breakthrough that opened the way for application of a natural Olive Leaf Extract product.

Chapter 2

East Park's Vital Scientific Breakthrough

In 1969, the promises of Olive Leaf Extract for health aroused the interest of the medical community.

Upjohn Company found that one of the active ingredients in Olive Leaf Extract, calcium elenolate, destroyed every harmful virus, bacteria, yeast, fungi and protozoan it was tested against invitro (in the test tube).

Unfortunately, they also discovered that calcium elenolate binds to serum protein in vivo (in the body), and thus becomes inactive within minutes.

Two Forms of Calcium Elenolate

Further research determined that there are two forms of calcium elenolate produced by the olive leaf. Biochemists

call these two forms stereo isomers. The best way to understand stereo isomers is to look at human hands.

Each hand has four fingers and a thumb. Both hands are similar except in the way the fingers and thumb are configured on the hand. In like manner, the two stereo isomers of calcium elenolate have the same chemical composition but are strung together so that one is the mirror image of the other.

Many organic compounds have stereo isomers. Most amino acids have left and right handed molecules. For example, if one looks on the ingredient listing of a protein supplement, one will see L-arginine and L-carnitine. The "L" signifies the left handed molecule.

Nature also produces an equal amount of R-arginine and R-carnitine but the designer of life chose only to use left-handed amino acids to make DNA, RNA and other life proteins.

In like manner, the designer has chosen the right handed calcium eleno-

late to be effective against microorganisms.

The way scientists determine whether a molecule is left-handed or right-handed is in the way the molecule reflects polarized light. L-carnitine molecules reflect polarized light to the left and R-calcium elenolate molecules reflect to the right.

This is important because Upjohn discovered that it is the left-reflecting molecules of calcium elenolate which binds to blood protein whereas the right-reflecting molecules do not.

After repeated failures at isolating a product that would destroy pathogenic microbes in the body, the pharmaceutical company gave up on their research.

The Final Breakthrough

Using the previous biochemical research as a starting point, other researchers began to look for the secret of developing an Olive Leaf Extract that works in the body for longer than a few minutes.

Working tirelessly for more than three years, they spent hundreds of thousands of dollars. In 1995 East Park Research, Inc. discovered the solution to the mystery. They have now obtained patent protection for their proprietary extraction process. That process concentrates right-reflecting (the effective form) of calcium elenolate in a natural olive leaf product.

Since that time, word has spread about the power of East Park's Olive Leaf Extract and many other companies are starting to manufacture an olive leaf product. Many of these companies have focused their attention on oleuropein content. Although oleuropein has many benefits for health, it is the concentration of right-reflecting calcium elenolate which provides most of the germ-killing protection.

Chapter 3

How does Olive Leaf Extract Work?

Immune System Support

Humans have an elaborate immune system. That system acts as a coat of armor to protect us from the billions of pathogenic (disease-causing) organisms in our environment and that enter the body through breathing, eating, drinking and cuts in the skin.

When the immune system is functioning at the peak of efficiency, these microorganisms can be present in ones body but they have little effect. However, when an injury or an over abundance of physical or mental stress weakens the immune system, these opportunistic germs are able to get a stronghold.

Disease results as these pathogens overtake various glands, organs and tis-

sues in the body. At some point, the diseased glands, organs or tissues produce symptoms that are characteristic of the particular pathogen. For example, cold viruses normally attack the respiratory system. The respiratory system then reacts by producing more phlegm. Tissues swell, then sneezing, coughing, runny nose, and other discomforts appear as symptoms.

Sometimes the symptoms are immediate. But, many times it takes months and even years for them to appear. Even prior to the appearance of symptoms, the pathogens are in the body draining strength from the infected tissues and the immune system.

The ingredients in Olive Leaf Extract support and boost the immune system.

The Three Ways Olive Leaf Extract Works to Produce Health

1. **Interfering with the pathogen's amino acid processes.** This prevents the pathogen from reproducing and creating more microbes within the body. Studies even suggest that calci-

um elenolate can enter infected cells in the body and stop viral cells from replicating.

2. **Preventing virus shedding,** the means by which viruses reproduce. Right-reflecting calcium elenolate attaches to the cell membrane to stop viruses from multiplying and spreading. In the case of retroviruses, calcium elenolate neutralizes the production of reverse transcriptase and protease. These enzymes are essential for a retrovirus, such as HIV, to alter the RNA of a healthy cell. Without them, the retrovirus is rendered impotent.
3. **Directly stimulating phagocytosis,** an immune system response in which cells ingest microorganisms and foreign matter.[1, 2, 3]

Olive Leaf Extract is Not a Drug

It is also important to realize that Olive Leaf Extract is not a drug. As a result, taken in recommended amounts, one may not notice an overnight improvement. In some cases of serious

immune system problems, two or three months of regular ingestion are required before significant improvements in chronic conditions of ill health are realized.

IMPORTANT: Olive Leaf Extract IS NOT a Cure

Olive Leaf Extract does not cure disease. It is important to remember that pathogens are not the disease. Neither are symptoms the disease. Disease occurs as pathogens or other harmful substances damage glands, organs or tissues of the body.

Nothing in the extract can change or fix damaged cells in the body.

By attacking microbes and directly strengthening the body's immune system, Olive Leaf Extract enables the immune system to better protect and help restore health.

Olive Leaf Extract can simply help improve and maintain the immune system and healthy body function.

Chapter 4

The "Die-Off Effect:" a Good Sign

In cases where people are suffering with a chronic problem, there may be a quick and somewhat adverse reaction.

The "die-off effect," or Herxheimer Reaction, refers to symptoms generated by a detoxification process.

As the body begins to deal with dead microbes, one may experience a variety of detox symptoms.

"Die off" occurs as large quantities of invading organisms die. When that happens, the dead microbes release toxins and other substances. The cell wall proteins of the dead microbes get absorbed into weakened mucous membranes. When large quantities of this foreign material are present, the body begins a process to get rid of it.

Sometimes it's more than the eliminative organs can handle at one time. The liver, kidneys, intestines and skin may become over-burdened. Thus, one could feel ill or develop a skin reaction. All of these conditions are good signs — they indicate that the Olive Leaf Extract is working to destroy germs that may be causing various conditions of ill health.

Common reactions include fatigue, diarrhea, headaches, muscle/joint achiness or flu-like symptoms. Some people may develop a rash, pimples or other skin condition. Severity differs also from person to person, depending on the extent of the problem.

How To Handle "Die-Off" Effect

The best way to maximize the power of Olive Leaf Extract and limit any adverse reaction is to ***drink four cups of water in between usages***. Water helps to strengthen the lymphatic system and flush the kidneys.

In the event substantial detoxification symptoms occur that produce dis-

comfort, the first line of attack is to drink a large amount of distilled or reverse osmosis water. If detox symptoms persist, there are other courses of action as well.

For minimal discomfort, such as a headache or muscle/joint pain, a simple over-the-counter analgesic such as aspirin or ibuprofen usually suffices.

For more than minimal discomfort, one might consider reducing the daily intake of Olive Leaf Extract. One might even stop taking it altogether for a few days. It may take a day or two, or even a week, for the body to process and eliminate the toxins produced by the dead microbes.

After these few days, one should resume taking Olive Leaf Extract at a slightly lower amount and increase slowly. Many people also find that large amounts of vitamin C help the body during this time.

Safety Studies with Olive Leaf Extract

Research indicates that amounts many times higher than recommended are unlikely to produce toxic or other adverse side effects. During 1993 testing of the liquid form of the product against the herpes virus, there were no observed or reported side effects.[1]

Die-off effect is only temporary, and usually ends with a greatly enhanced feeling of well-being. Olive Leaf Extract is very safe, in spite of the "die-off" detoxification effect among some individuals.

Chapter 5

Olive Leaf Extract and Increased Energy

Olive Leaf Extract produces substantial energy increases in most people that use it. It is not at all uncommon to hear people state that they have more energy than they have had for years.

One likely reason for this is that the body is now freed from fighting so many opportunistic invaders. Without having to direct much of its energy inward for immune processes, the body can redirect that energy level outwards to be used as desired.

During clinical use by a doctor in southern California, patients stated that Olive Leaf Extract solved their tiredness and fatigue problems. One frequently heard comment from users is that they feel more energy and a greater sense of

well-being. Many choose to continue with Olive Leaf Extract even after their conditions of ill health are gone. Healthy people without any noticeable health problems who take it say they also feel this infusion of energy.

Chapter 6

Beating Debilitating Fatigue

Chronic Fatigue Syndrome is a rather prevalent condition of late. While it may seem like a rather new problem, Chronic Fatigue Syndrome is related to the more widely known malady, mononucleosis, commonly called the "kissing disease" years ago, a reference to the method of transmission.

Viral Origin of Chronic Fatigue

Both illnesses are caused by the Epstein Barr virus. This virus is a member of the herpes family of viral infections, and is related to the viruses that cause shingles and genital herpes.

Chronic Fatigue Syndrome also many times afflicts its unfortunate victim with Immune Dysfunction

Syndrome, thus the acronym CFIDS, short for Chronic Fatigue Immune Dysfunction Syndrome.

The symptoms of CFIDS include, of course, bone-crushing fatigue as well as fever, sore throat, swollen glands, loss of appetite, insomnia, recurrent respiratory infections, nausea, intestinal problems, stomachache, diarrhea, anxiety, cough, depression, rash and skin problems, vomiting, mood swings, swelling, sleep problems, weight gain or loss, temporary memory loss, loss of concentration, unusual stress, headache and other aches and pains.

These symptoms mimic other common viral illnesses such as the flu, therefore diagnosis may be difficult. No medical cure or vaccine exists for the virus. Past medical histories of those with CFIDS often includes mononucleosis, cold sores or oral herpes, genital herpes, shingles and surprisingly, allergies to food, drugs or the very common "hay fever."

A Serious Problem

The Center for Disease Control in Atlanta estimates that tens of thousands of Americans are infected with this virus. Approximately 20% of the population may be carriers only, with no visible symptoms. The Epstein Barr virus is highly contagious, and is spread by personal contact, kissing, sharing food, coughing, spitting (which leaves microscopic droplets in the air) and intimate contact.

The virus causes an overreaction of the body's immune system, which most often results in decreased immunity by overtaxing the immune system. Herein lies the danger of the virus — it is incurable and can do much damage to the immune system. Immune-suppressed individuals experience an approximate 30% higher rate of viral replication than those with functional immune systems.[4]

Infection Lasts for a Lifetime

Additionally, once the Epstein Barr virus enters the body, it remains there,

waiting until the immune system becomes compromised. Some experts believe that the virus can remain in a person's body their entire lifetime, putting them down with illness again and again.[3]

All Adults Infected with Epstein Barr

These same experts maintain that infection with the Epstein Barr virus is inevitable for all adults in the entire world. People in third world nations, the economically disadvantaged and those within the confines of the inner city are usually infected by early adolescence. In middle and upper economic and social levels, about 55% of the population is infected by adolescence. After college age, however, nearly all the individuals in this group have detectable Epstein Barr virus antibodies, indicating a past or present active infection.[5]

Of even more disturbing news is the data that some researchers are now discovering. A number of research teams have unearthed new evidence

that other microbes have joined with the Epstein Barr virus or act as substitutes for it. This list includes the scary retroviral foamy viruses, HTLV-2, enteroviruses (including polio), cytomegalovirus and human herpes virus type VI.

A person cannot become immune to the Epstein Barr virus, and since it is a virus, no antibiotic has any power against it. The same frightening scenario exists for the other viruses mentioned above.

Olive Leaf Extract - A Potent Barrier of Protection

All of this would paint a rather bleak picture, were it not for the existence of potentiated Olive Leaf Extract. A good number of people have reported the elimination of fatigue-type problems after using Olive Leaf Extract.

This is no surprise since laboratory testing demonstrates that Olive Leaf Extract kills a wide variety of viruses in vitro, including the Epstein Barr and other viruses. See the charts in the

Appendices for a more complete listing of the various viruses and other pathogens against which Olive Leaf Extract is beneficial invitro.

Fibromyalgia

Fibromyalgia is another syndrome that has been diagnosed with increasing frequency over the last few years, much like Chronic Fatigue Syndrome.

Approximately 2% of the total population has fibromyalgia, while up to 20% of the female population between the ages of 40 and 60 years old have the symptoms. Of great interest is that the syndrome occurs most frequently in the 20-40 year old age group, roughly the time that infection with the Epstein Barr virus also occurs.

Simply defined, fibromyalgia is a disorder that manifests itself in various parts of the body. In the early days of this new syndrome, many practitioners simply classified any soft tissue complaint that they couldn't otherwise diagnose as fibromyalgia.

Today, diagnosis is much more specific. The symptoms of fibromyalgia include aches, pains, stiffness, localized tenderness and swelling, fatigue, stress, headache, sore throat, intestinal problems, depression, anxiety, memory blanks, loss of concentration, mood swings and non-refreshing sleep.

Fibromyalgia and CFIDS Linked

Note the substantial similarity in symptoms of fibromyalgia with those of Chronic Fatigue Syndrome. There have been some immunologic antibody findings that indicate a pathogenic-linked cause for fibromyalgia, just like Chronic Fatigue Syndrome. Most researchers today link fibromyalgia in some manner with CFIDS.

Dr. Walter Gunn states "What seems to show up in article after article is some kind of immune dysfunction."[7] Whether these abnormalities are due to a viral infection, a reactivation of latent viruses or another factor is as yet unproven. It is known however, that a

large number of infectious agents initiate the onset of fibromyalgia.

Additionally, two different laboratories have found that fibromyalgia is accompanied by low levels of natural killer cell activity. As mentioned earlier, Olive Leaf Extract empowers the immune system by increasing phagocytes, the body's natural killer cells.

Olive Leaf Extract also has a proven record invitro against both viruses and latent viruses as well as numerous other pathogens. Thus we can surmise that these nutritional problems can be helped by Olive Leaf Extract.

Chapter 7

Olive Leaf Extract and the Heart

It is now well-known and well documented that one product of the olive tree, olive oil, has a positive health benefit to the cardiovascular system. The Mediterranean Diet, of which olive oil is a part, is beneficial when used as part of a healthy lifestyle. It must also be remembered that olive oil is rich in various olive phenolics which likely accounts for much of its nutritional power.

Petroni and Blasevich at the Institute of Pharmacological Studies, University of Milan found that olive oil reduced blood platelet aggregation. This could potentially result in lessened risk of blood clots and heart problems.

As reported in the April, 1995 issue of Thrombosis Research, they determined that this beneficial effect was caused by the antioxidant properties in the extra-virgin olive oil. Of equal, or perhaps even more importance, they also found that the aqueous waste water from the olive oil refining process, rich in phenolics, showed rather potent activities as well.[8]

Serious cardiovascular system problems

Petroni and Blasevich's partners at the University of Milan, F. Visioli and C. Galli, paved the way in their 1994 study which showed that olive leaf derivatives are good antioxidants. Thus, they proposed that this is a new link between the Mediterranean diet and the prevention of serious heart problems.[9]

V. Petkov, working on his research in Europe and writing for peer-review journals in the United States, also found uses for olive leaf in nutritionally maintaining healthy cardiovascular systems and helping other heart problems.[10]

Low Density Lipids and Cholesterol

Perez-Jimenez and Espino, in their 1995 article in the American Journal of Clinical Nutrition, demonstrated that a diet rich in olive oil increased the high-density lipids, or good cholesterol, by 7%.[11]

A 1994 experiment at the University of Milan's Institute of Pharmacological Sciences found that olive leaf inhibited oxidation of low-density lipoproteins, the so-called "bad cholesterol" connected to various heart problems.[9]

A subsequent study in 1995 at the same institution linked olive leaf to the reduction or delaying of problems in the heart.[12]

The 1996 study by Ruiz-Guttierrez and Muriana at the University Hospital found that components in olive oil significantly boosted high-density lipids ("good" cholesterol) and reduced the low-density lipids ("bad" cholesterol).[13]

Nutritional Support for the Heart

Of great importance is the report that Olive Leaf Extract helps solve the nutritional problems associated with a weakened cardiovascular system.

Anecdotal reports from some people indicate that Olive Leaf Extract helped solve their nutritional problems. One elderly male reported vast improvement in only eight days as a result of taking Olive Leaf Extract.

A woman with a mild problem said her condition improved substantially when she took Olive Leaf Extract and her problems returned after she discontinued taking it.

Olive Leaf Maintains Proper Blood Pressure

Olive Leaf Extract has also been studied for its ability to lower blood pressure. Ribeiro and Fiuza reported the findings of their study in the Journal of Ethnopharmacology. They studied thirty two medicinal plants, and verified that olea europaea, olive leaf, produced a beneficial effect.[14]

These findings were confirmed by A. Zarzuelo and J. Duarte, researchers in the Pharmacology Department at the University of Granada, Spain, who studied Olive Leaf Extract. They showed that oleuropein is largely responsible for this good effect, but that there was also one other compound in the olive leaf that potentiates this pressure-lessening action. (We now know this other compound to be calcium elenolate.)[15]

A recent study of olive leaf to determine its blood pressure lowering capabilities was undertaken in 1996 by a large team of researchers in Belgium. They tested thirty patients who were suffering from high blood pressure. After three months on Olive Leaf Extract, all thirty patients experienced a decrease in blood pressure. Quoting the researchers, "We note for all patients a statistically significant decrease of blood pressure." Additionally, they noted that they did not find any side effects from the Olive Leaf Extract occurring in the patients in this study.[16]

Another 1996 study from the University Hospital in Sevilla, Spain found that phenolic-rich olive oil reduced both the systolic and diastolic blood pressures.[13]

As demonstrated here, Olive Leaf Extract is a powerful antioxidant much like flavonoids and proanthocyanadins. These very compounds protect the heart and cardiovascular system from free radical-induced damage, and promote powerful good health in the user.

Chapter 8

Olive Leaf Extract, Colds and Flu

Eighty years ago, a flu swept the globe and killed 21 million people. It decimated families and left pain, suffering and death in its wake. The mortality rate was 10 times worse than the normal strain of influenza. This new flu strain caught the world by surprise.

Many people had fevers of 104 degrees, and died as their lungs filled with fluid. Many became delirious before they died. In the U.S., 675,000 people died from the flu in less than a year's time. Its impact worldwide was worse than Europe's black plague of the Middle Ages.

This killer flu was called the Spanish flu, believing that it had originated in Spain. That was incorrect —

most likely, the killer flu of 1918 originated in China, where most new flu strains are born.

Which gives one pause, considering that in late 1997, Hong Kong panicked upon discovery of an avian influenza, aptly named the "bird flu." A flu strain previously limited to birds appeared in humans, and killed a number of people. Authorities worried that the virus might mutate into a form more easily passed among humans. Authorities killed more than one million birds in hopes of eliminating the disease carriers.

While it appears that the disease was halted, one scientist remained wary. He's quoted as saying "It's a lull in the battle. We can't say it's still not lurking somewhere."[17]

While these events are certainly scary, one need not excessively fear health problems caused by flu, colds, or their related problems, such as pneumonia, in the case of influenza.

Almost Half the U.S. Population Suffers Every Year

Many Americans fall prey to several colds every year. Additionally, in 1990, 43.4% of Americans suffered through at least one bout of the flu. That's more than 110 million people missing work, school and other important aspects of their lives due to a virus. The single largest cause of missed work or school are viral cold and flu infections.

Laboratory testing shows that Olive Leaf Extract could substantially reduce one's susceptibility to cold or flu viruses. (Turn to the Appendices for listings of the many pathogens that Olive Leaf Extract destroys invitro.)

Dr. Robert Lyons performed a clinical test of his patients using Olive Leaf Extract. Of the 164 patients suffering from respiratory and lung conditions (colds, flu, lung problems and the like), 157 fully recovered and 7 improved while using Olive Leaf Extract. That's a success rate of almost 96%.[18]

One doctor believes that Olive Leaf Extract may be a true germ killer since it selectively blocks an entire virus-specific system in the infected host. It appears to offer organic health benefits not available with pharmaceutical antibiotics. Many people who lead stressful lives or who may be particularly susceptible to colds and viruses may benefit from long-term use of Olive Leaf Extract as an immune system booster.

Chapter 9

Immunity and Antibiotics in Crisis

Life-Saving Potential Against Serious Infections

Deaths from infectious diseases, formerly on the decline, have recently taken an alarming upward turn in this country.

According to federal researchers, such deaths rose by 58% from 1980 to 1992, pushing this category of illness up behind heart disease and cancer in the No. 3 spot of killer diseases.

Experts say there has been an unusual increase in mysterious respiratory infections among the elderly and blood infections among people of all ages. When you eliminate AIDS, the death rate during the same period for all other infectious diseases rose by 22%.

The World Health Organization as far back as 1978 was saying that by the year 2000, sources other than Western, technological medicine would be needed in order for all people to have adequate health care. The organization recommended the use of traditional forms of healing and medicine, such as the use of herbs, to meet the demands of an exploding global population. The recommendation was adopted by the organization.

The Problem with Traditional Antibiotics

Our traditional treatment-of-choice against infections has been various kinds of antibiotics. We know that the mechanism by which antibiotics work is perhaps not the most beneficial to the human body. Most antibiotics suppress the immune system, and nearly all of them destroy beneficial organisms in the intestinal tract.

Additionally, medical science has stated numerous times over recent years that the current antibiotics have largely

been rendered of little use against the newly-named "superbug" germs. With no new antibiotics on the horizon, this poses a grave threat to health.[19]

It must be noted that this is a major medical problem today of epidemic proportions. Largely as a result of overuse of antibiotics, many microbes are resistant to those medicines.

Today, there are few effective antibiotics available that continue to work with the most common pathogens such as staphylococcus and streptococcus. Some of the new strains of "superbugs" are totally unaffected by traditional drugs.

Olive Leaf Extract and the "Superbugs"

A new series of testing with Olive Leaf Extract shows a very interesting and immensely significant development. Olive Leaf Extract empowers the immune system by directly stimulating production of immune system cells called phagocytes. These phagocytes

move throughout the body looking for foreign invaders.

They then neutralize any abnormal organisms that they find. An important fact is that microbes cannot be resistant to phagocyte cells like they can to drug interventions.

Olive Leaf Extract also contains flavonoids, esters and multiple iridoids that create a structurally-complicated molecule. It appears that bad microorganisms cannot readily develop a resistance to Olive Leaf Extract's complex structure.

Incidentally, Olive Leaf Extract does all this while enhancing immune system function, and leaving intact the beneficial bacteria in the intestines.

Already Olive Leaf Extract has shown itself to be the only effective and nutritional remedy available for the fatal Bacillus cereus contamination. This is a microorganism that infects the body, and there is no known medical treatment or cure. Once infected, the

microorganism takes over the body, and the person dies.

Tassou and Nychas, researchers at the Ministry of Agriculture in Athens, Greece detailed the results of their studies in the prestigious journals Lancet and Biotechnology Applied Biochemistry stating that Olive Leaf Extract and oleuropein inhibit the germination and growth of the pathogen.[20]

Olive Leaf Extract Beats Germs

Of the people who enter hospitals each year, more than 2 million of them end up with an infection acquired solely as a result of their being in a hospital. These hospital-acquired or nosocomial infections are fatal to 22,000 Americans every year.[3]

According to Robert Haley, M.D., head of the Epidemiology and Preventive Medicine Unit at the University of Texas Health Science Center, "every piece of equipment, every invasive technique provides the opportunity for infection to develop."[3]

It could be surmised that, given the high rate of antibiotic-resistant microbes in the general population, the infection-causing germs in a hospital environment are likely to be drug-resistant. This poses additional problems for the patient whose immune system is already overburdened or compromised.

For instance, staphylococcus infection can prove fatal to its victim when it contaminates a wound, gets inside the body during surgery or infects someone in an immune-suppressed condition. No longer destroyed by penicillin, staphylococci present in hospitals are so drug-resistant that only a very potent intravenous antibiotic, vancomycin, has any success at killing them. It must be noted that vancomycin is a serious drug with several serious side-effects, notably kidney toxicity and hearing loss.

Enterococci, a relative of staphylococci, infects surgical wounds below the waist and has now become resistant to even this powerful drug.

Two common respiratory infectors, Haemophilus influenzae and Streptococcus pneumoniae are largely resistant to antibiotics. Both children's ear infections and adult sinus infections are usually caused by S. pneumoniae.

Olive Leaf Extract Powerful and Safe against "Super Bugs."

Tranter and Tassou, of the PHLS Centre for Applied Microbiology and Research in England, found in 1993 that oleuropein inhibited the growth of Staphylococcus aureus when tested in vitro. A concentration of only 0.6% was sufficient for this anti-bacterial effect. They also noted that oleuropein was effective in the destruction of enterotoxin B.[21]

Olive Leaf Extract has also been tested and found to be safe in amounts far higher than the normal daily amount. Pharmaceutical testing indicates that amounts many times larger than the daily recommended usage are

not toxic and do not cause adverse side effects.[1]

Capasso and Evidente, along with their team of 4 other researchers, found in 1995 that olive oil malaxation waters were highly toxic to a number of different bacterium. They tested it against phytopathogenic Pseudomonas syringae, Ps. savastanoi (Gram-negative) and Corynebacterium michiganese (Gram-positive).[22]

Chapter 10

Olive Leaf Extract and Parasites

Americans are living longer, but not healthier. Numerous authorities believe that a significant cause for this lack of health is the existence of parasites in the human body.

Dr. Hazel Parcels states that "85% of adult North Americans are infected with parasites."

Dr. Peter Wina, Chief of Pathobiology at the Walter Reed Army Institute of Research adds "We have a tremendous parasite problem right here in the U.S. It is just not being addressed."

But perhaps the most surprising statement comes from Dr. Frank Nova, Chief of the Laboratory for Parasitic Diseases at the National Institute of

Health when he says "In terms of numbers, there are more parasitic infections acquired in this country than in Africa."

The World Health Organization categorizes parasites as among the six most harmful infectious diseases in humans.

Parasite infection is an unrecognized epidemic that plagues a great number of people throughout the world, including the U.S.

Researchers claim that a majority of people around the world host parasites of one type or another. Parasites can inhabit muscle tissue, the digestive tract, the bloodstream and even the brain, heart and other vital organs.

Seen and Unseen

Parasites can be microscopic in size or can stretch up to 30 feet long. When most people think of parasites, they visualize tapeworms, hookworms, roundworms and flatworms. The Centers for Disease Control says that tapeworm infection in the U.S. has dou-

bled in frequency within the past ten years.

Roundworm infection is abundant in meat-eating cultures. One type of flatworm, a fluke, can live in the intestines, liver, lungs or blood. Trichina larvae, sometimes found in pork products, burrow into the intestinal wall and enter the bloodstream. The blood flow carries the larvae to the muscle fibers where these worms live and grow.

Worms, such as the hookworm, attach themselves to the intestinal wall and live off the host's blood.

Microscopic parasites do not live off their host as such, but can thrive on processed foods, and their waste excretion can cause serious problems within the human body.

The Center for Disease Control considers parasite-caused giardia the number one waterborne disease. It has been found in the water supplies of major cities in America.

Giardia is one of the many microscopic organisms that can greatly inter-

fere with physical and mental functioning. This parasite can coat the intestinal wall, inhibiting digestion and assimilation.

Causes of Parasite Infestation

Parasites can be contracted by eating undercooked beef, pork, fish or other meats, walking barefoot on infected soil, through both intimate and casual physical contact, being in contact with flies or mosquitoes, eating unclean raw vegetables, drinking infected water, close physical contact with cats, dogs or other pets and simply contacting unclean environments through breathing or touching. There is an increased danger of contracting parasites when traveling to tropical or underdeveloped countries. The rise in immigration, especially from these areas, also contributes to the epidemic in the U.S.

It must be noted that some types of parasites, after attaching themselves to muscle tissue or infecting tissues, can

reproduce and survive for years in the body.

One study illustrates the longevity of parasites in the human body. In 1979 a British study reported on 600 former prisoners of war from World War II. These men had been stationed in the Far East. Thirty years after the war, 15% were still infected with a parasite called Strongyloides that they had contracted during the war. Thus, a parasite infestation from years ago could still be alive and active in the body.

Detecting parasites

Determining if one has parasites can be very difficult indeed. This subject has not received a great deal of attention, and as such, accurate testing methods are still being developed. Current laboratory testing finds only about 1% of the more than 1,000 parasites that can live in the human body.

There will likely be an increased demand for effective testing procedures, especially as the parasite problem

becomes more pronounced. Recent outbreaks, such as that which occurred in the water supply of the upper mid-west, will only expedite the development of parasitology. This outbreak was caused by Cryptosporidia, a microscopic parasite that infected thousands of people. Many people became ill and some people died, especially those who had weakened immune systems.

Many Telltale Symptoms

Most parasites live in the body without revealing their presence. Thus, parasite infestation manifests itself in less obvious ways, many times hidden within the symptoms of various chronic health problems.

Problems claimed to be caused by parasites include hypoglycemia, indigestion, a weakened immune system, fatigue or lack of energy, colitis, back pain, headaches, acne and other skin problems, poor assimilation, nausea, vomiting, lack of concentration, weakness, flu-like symptoms, muscle and

joint pain, weight loss, a feeling of fullness in the stomach, appetite loss or uncontrolled appetite, gas, dizziness, memory loss, asthma, allergies, sinusitis, irritability, abdominal pain, constipation, infertility, itchiness, slow reflexes, blurry or unclear vision, back pain, menstrual problems and bed wetting.

Some researchers claim that the waste material produced by flukes is extremely carcinogenic and contributes to the formation of cancer. The waste material from just one tapeworm may make some people ill. Microscopic parasites can cause arthritis-like symptoms.

Olive Leaf Extract Kills Parasites

Parasites are notoriously difficult to kill and expel from the body. Olive Leaf Extract exhibits powerful anti-parasitic action against just such invaders.

Examine the various entries in the Appendices to determine specific parasites killed by Olive Leaf Extract invitro. Amoebi, cryptosporidia, giardia, pinworm, tapeworm, ringworm and round-

worm are some of the more familiar parasites which Olive Leaf Extract kills.

Note: During a parasite cleanse, some people may become nauseated or experience other unpleasant feelings. This is most likely due to severe parasitic infection and the resultant "die-off" which releases toxins or dead proteins into the bloodstream.

Tropical Illnesses

Olive Leaf Extract may offer considerable potential against tropical ill health problems such as malaria and dengue fever. Malaria is caused by parasitic protozoans injected into the body by infected mosquitoes. Protozoans are one-celled organisms, the simplest creatures in the animal kingdom.

As far back as 1827, reports have appeared in medical literature indicating the benefits of Olive Leaf Extract against malaria. In 1906, one report stated that olive leaves were, in fact, superior to quinine for malarial infections.[3]

Quinine was preferred, however, because it was easier to administer. In studies performed by the Upjohn com-

pany, calcium elenolate was found to be effective against the malaria protozoa.

Malaria has been reported recently in Texas and continues to be a leading cause of illness and deaths worldwide, particularly because of drug-resistant strains. It is a continuing concern in the United States because of increased international migration, travel, and commerce, as reported in Morbidity and Mortality Weekly Reports.

Another serious tropical disease giving concern to public health officials is dengue fever. In 1995, large outbreaks of dengue were reported by health authorities in 12 Latin American and Caribbean countries.

This ailment is also mosquito-borne, caused by a virus, and occurs mainly in tropical Asia and the Caribbean. In its most severe form, it can cause vomiting, high fever, loss of appetite, and abdominal pain, and is deadly in approximately 50% of the cases.

Some 50 million people are affected each year and about half a million require hospitalization, according to the World Health Organization. Researchers are trying to find a vaccine but no breakthroughs have occurred yet. For the afflicted, Olive Leaf Extract offers hope that is not available elsewhere.

Chapter 11

Olive Leaf Extract and Food Poisoning

Mortimer and McCann, English researchers writing a report in the May 1974 issue of Lancet, a prestigious medical journal, found that fried rice, a Chinese dish, was sometimes contaminated with the deadly bacillus cereus bacteria and causes food poisoning episodes in humans.[23]

The poisoning brought on by bacillus cereus is very serious. Symptoms include nausea, belching, flatulence, indigestion, oral frothing, vomiting, diarrhea, burning stomach, sore abdomen, muscular weakness, pain in upper body, heart damage, severe bone pain, body temperature fluctuations, mental confusion, extreme depression, abdominal distention, respiratory

inflammation and permanent heart and lung damage. Since a person with this bacteria cannot absorb nutrients, death usually follows in advanced cases. There is no known medical treatment or cure for B. cereus.

Researchers at the Athens Institute of Food Technology demonstrated that Olive Leaf Extract effectively stops the outgrowth of B. cereus, and inhibits spread of the bacteria.

Researchers detailing the results of these studies in the prestigious journals Lancet and Biotechnology Applied Biochemistry state that "Olive Leaf Extract taken as a food supplement delays significant growth of the B. cereus pathogen."[20]

Tassou and Nychas, reporting in the February 1995 issue of Letters in Applied Microbiology determined that the Olive Leaf Extract phenolic oleuropein inhibited the growth of salmonella. There was no such inhibition in the control sample without oleuropein.[24]

Chapter 12

Candida, Yeast and Fungal Problems

Candida Albicans is a yeast which normally exists in a certain amount in the intestines. It is a symbiotic relationship — normally it causes no problems in healthy people. However, once allowed to grow beyond this amount, in a situation called yeast overgrowth, problems begin. Some health practitioners believe candida overgrowth to be a large problem today, especially in the western world.

Candida enters newborn infants during or shortly after birth. Usually, the growth of the yeast is kept in check by the infant's immune system and thus produces no overt symptoms. But, should the immune response weaken, the condition known as oral thrush can

occur as a result. By six months of age, 90% of all babies test positive for candida. By adulthood, virtually all humans play host to Candida albicans and are thus engaged in a life-long relationship.

Problems of Candidiasis

Laboratory testing is of little use to determine a chronic overgrowth situation. Multiple problems, not just one or two, can be considered an indicator of candida overgrowth (chronic candidiasis). These can be:

Fatigue, lethargy, depression, headaches, muscle aches or weakness, joint pain, abdominal pain, constipation, diarrhea, gas, vaginal burning, itching or discharge, prostatitis, endometriosis, infertility, menstrual problems, PMS, anxiety, irritability, drowsiness, lack of coordination, mood swings, insomnia, eczema, itching eyes, psoriasis, sensitivity to foods, itching, cough or recurrent bronchitis, urinary frequency or urgency, burning on urination, recurrent infections, inability to concentrate, skin

problems, gastrointestinal symptoms, nervous system problems, recurrent yeast infections in women, allergies, sinus problems, recurrent colds & flu, indigestion, respiratory problems, food cravings, asthma and over- or under-weight.

Causes of Yeast Overgrowth

Diets high in carbohydrates, sugar, yeast and yeast products, as well as molds and fermented foods provide a ripe breeding ground for candida.

Additionally, prolonged exposure to molds, antibiotics and sulfa drugs also pose a threat. For women, taking birth control pills or having multiple pregnancies can raise or lower the body's pH level to provide a favorable environment for growth of candida.

Some believe that aspects of our environment allow for a proliferation of candida in our bodies. Examples include stress, poor nutrition, pollution, steroids, antibiotics and hormones in meat.

Above all, a compromised immune system is the crucial factor that allows for a yeast overgrowth. The prevalence today of candida may be most directly related to the widespread societal exposure to antibiotics — from prescriptions for colds, infections, acne, and from additional consumption of antibiotic-treated foods such as meats, dairy, poultry and eggs.

The overuse of antibiotics is a widely known fact today. This not only creates a serious situation with regard to pathogenic infection, it is likely also a leading cause of candidiasis in both men and women.

Candida Weakens the Immune System

Once begun, if not recognized and treated appropriately, candida overgrowth can result in a self-perpetuating, negative cycle. Large numbers of yeasts can weaken the immune system, which normally protects the body from harmful invaders.

Even though candida is part of the ecological balance in the body since birth, it is still recognized by the immune system as a foreign body that needs to be controlled. So, when overgrowth occurs, a chronic stimulation to the immune system results, as an attempt by the immune system to regain control. In time, this may exhaust the immune system, predisposing one to more serious illnesses.

The immune system may also be adversely affected by poor nutrition, heavy exposure to molds in the air, as well as an increasing number of chemicals in our food, water and air. Over 10,000 chemicals have been added to the food supply alone that were not there just 100 years ago.

In addition, 79 different toxic products are known to be released by candida, which in itself places a considerable burden on the immune system. These get into the bloodstream and travel to all parts of the body where they may give rise to a host of adverse problems.

Removing the Yeast Overgrowth

In the past, various protocols have been used for candida elimination. Prescriptions of nystatin, a yeast-specific antibiotic are common. In numerous people, however, nystatin causes an allergic response.

A very restrictive candida diet is almost always prescribed as well. This diet virtually eliminates all yeast-containing or yeast-benefiting products from the diet, such as bread, cereal, wheat, potato, cheese, ketchup, mustard, fermented foods and the like.

Suffice it to say that such protocols are inconvenient and difficult to maintain.

Olive Leaf Extract produces beneficial results against various yeast problems while being much easier to use, and without any side effects.

As shown in the Appendices, Olive Leaf Extract works against Candida krusei NRRL Y-105, thrush (oral candidiasis), vaginitis yeast syndrome, chronic

polysystemic candidiasis and other candida and yeast organisms invitro.

The only inconvenience using Olive Leaf Extract for candida elimination is a possible Herxheimer reaction. Candida, a single cell fungi, releases powerful poisons as it multiplies, which circulate in the bloodstream causing all kinds of problems. Killing a large amount of yeast at one time, as with Olive Leaf Extract, may overwhelm the body's eliminative capacity.

Refer to Chapter 4 for more information on Herxheimer reactions and the "die-off" effect.

Fungus Problems

It is estimated that more than ten million Americans suffer from disfiguring and painful fungal nail infections. This large number of sufferers makes it one of America's most under-recognized health problems. It is frequently found among people with cancer and diabetes, among athletes, elderly individuals, people who spend considerable time

standing or who wear the same shoes day after day, or who wear artificial fingernails. Many drugs lower resistance and are believed to make people more susceptible to infection.

Typical anti-fungal medications are very expensive. One drug currently used costs more than $5.00 per capsule.

For the first time in 35 years, a new drug has been approved for the condition. It is called Sporanox and is reported to be more effective than previous anti-fungal preparations. But none of these preparations come cheap. The normal dosage of two 100-milligram pills of Sporanox taken daily for three months costs about $900. Older drugs, taken for 12 months or more, cost double or more that amount over the longer duration. Even with the new drug, the condition may return if the medication is stopped.

Olive Leaf Extract offers a natural — and for sure, less expensive — method of self-treatment.

Chapter 13

Clinical Studies and Anecdotal Reports

IMPORTANT NOTE: Anecdotal reports are not valid for making scientific or categorical statements about the efficacy of any substance. Most of these accounts have been taken from unsolicited letters from people who have used Olive Leaf Extract. Due to current government requirements, some of the names of various problems have been deleted.

Joint and Musculoskeletal Problems

A man involved in the clinical testing wrote the following letter: "Five years ago I was diagnosed with [a joint problem]. After taking all the medications I could stand with no results, I was informed about some nutritional supplements. One of them was Olive Leaf

Extract. After taking it for three weeks, I noticed more flexibility in my fingers, elbows and neck. There was marked relief of muscle tension surrounding joints. Overall, I am enjoying Olive Leaf Extract with my daily routine."

A number of other patients have reported significant relief of joint pain. These reports are quite encouraging. At this time, proper testing still needs to be done to determine what mechanism is being triggered by olive leaf that so favorably impacts musculoskeletal problems.

Bacterial Problems

Phillip Selinsky, a naturopathic doctor at the Institute for Holistic Studies in Santa Barbara, reports a number of positive results against bacterial problems using Olive Leaf Extract. Sinus and bladder problems have responded well, he says, and oral infections associated with tooth or gum disease have been particularly responsive. "Some patients have told me that Olive

Leaf Extract took down their dental-related infections in a matter of hours. The response is quite impressive."

For these type of problems, Selinsky recommends patients start with two Olive Leaf Extract capsules followed by another capsule every four hours. "That usually gets you on top of the situation," he says. For more serious infections, capsules can be taken at shorter intervals.

The germ-killing effect of Olive Leaf Extract was dramatically evident in the case of a 64 year-old physician bedridden for four years since suffering a major stroke. He also had recurrent bladder problems which would cause considerable pain, smelly urine and fever. All efforts to control the condition had failed, including a $1,000 antibiotic specially prepared for him. The patient experienced constant discomfort. His urine was cloudy and "looked like soup." Often, it contained blood. After one month on Olive Leaf Extract, the problem had vanished and after six

months has not recurred. He has been taking a standard amount of four tablets daily.

Candida Overgrowth

More than a dozen people with candidiasis have reported significant improvements. They say they have fewer allergic reactions, less dullness and more energy. One woman said she was finally able to clean out her dust-ridden garage. Before Olive Leaf Extract, that would have been impossible for her.

Colds and Flu

Results to date indicate that Olive Leaf Extract is a good weapon against the common cold and flu. Consider the following letter written in August of 1995 by a woman suffering from persistent flu symptoms:

"I became ill with the flu in February and had several immune boosters, extra vitamins and three antibiotics. My fever was 102-103 every afternoon and this continued even after

the antibiotics. I developed paralyzing chest and abdominal pain, being confined to the couch for weeks — not able to hardly walk. My weight dropped to 84 pounds. Medical tests revealed nothing specifically wrong. I started taking Olive Leaf Extract on July 18. Within a few days my temperature started dropping and it is slowly and steadily going down, so that some days I haven't needed to take pain killers to reduce it. The pain is subsiding gradually and my appetite and strength is returning."

At the time of her next examination, the woman's temperature had been normal for a week. She hadn't needed pain-killers for two weeks.

One elementary school teacher involved in clinical testing reported that she had a history of asthma and vulnerability to colds and flu. The previous year she got strep throat eight times. After beginning a dedicated program with Olive Leaf Extract, she eliminated her throat problems, and suffered only one minor cold the entire next year.

She felt that Olive Leaf Extract armor-plated her against the legion of germs that run rampant throughout her classroom. "I used to get sick all the time. One school year I got strep throat eight times. If you sneezed at me, the chances are I would get sick. Not any more. When many kids in my class were coughing, sneezing, and blowing their noses before Christmas, I caught a slight cold and that's it."

Fungal Problems

One woman suffered through a five year long bout with painful toenail fungus. Olive Leaf Extract cleared up the problem within two months after repeated attempts with other products failed.

A man reported even greater results — his long-standing fungus of 30 years could not be solved by conventional means. Olive Leaf Extract fixed the problem within three weeks.

A woman with an infection of the large toenail said that within 60 days her

toenail was about three-quarters healed. For five years, she had tried many types of medication and natural agents without help.

One person said a fungal infection of the tongue he had for 30 years responded to the olive leaf. "I had tried all kinds of diets, treatments and regimes but to no avail. After taking Olive Leaf Extract the fungus disappeared!"

Herpes

A man in Delaware reports that all herpes lesions disappeared in only four days. He took only 4 capsules per day, demonstrating the power of Olive Leaf Extract.

Reports from another person credited Olive Leaf Extract with solving a nine year period of suffering from herpes zoster (shingles). Within only two days, this problem completely cleared up.

A San Mateo, California woman discovered that she had been infected

with herpes simplex 2 by an uncaring partner. Immediately she began daily use of Olive Leaf Extract, and to date, more than 12 months later, she has not experienced any problems whatsoever.

One male patient in his early 40s experienced frequent herpes lesions along with fatigue. In a week his lesions disappeared and his energy increased. He said that Olive Leaf Extract was the only substance that ever took care of his herpes. "Even the most minute blisters are gone," he wrote.

A female patient had an unusually stubborn cold sore in the mouth for four months. The woman also suffers from cancer, thus there may be some significant immune exhaustion involved. After one week on Olive Leaf Extract the sore disappeared.

Malaria

A full-blown case of malaria at a clinic in Mexico was totally helped by taking two Olive Leaf Extract supplements every six hours. A clinic report

said that the 34 year-old female patient made a steady recovery and after six months, "she was without any of the malaria, not even anemia or shivers. Her breath is good. Her state of mind excellent and she does not show any signs of chronic or contagious disease."

The R Clinic shows 98% Recovery

Dr. Robert Lyons, Medical Director of The R Clinic in Budapest, Hungary, used Olive Leaf Extract with 500 of his patients. His research shows that 98% of the patients improved or fully recovered using only 6 capsules per day of Olive Leaf Extract.

Olive Leaf Extract and Herpes

Note: In this section, the names of the subjects have not been revealed in order to protect their privacy since most herpes infections are contracted via intimate personal contact.

A 1993 study with six subjects first demonstrated calcium elenolate's power against herpes. This private testing used an earlier, weaker and ethanol

(alcohol-based) form of Olive Leaf Extract. All six people got relief from the symptoms. Three of the six reported that all lesions disappeared within 36-48 hours. The fourth person said it took three days for most of the lesions to disappear. The remaining two subjects were newly infected and were likely experiencing a high degree of virus shedding. Nonetheless, they reported feeling much better with none of the side effects caused from taking a strong herpes drug that was prescribed for them prior to using Olive Leaf Extract.

Dr. Lyons gave Olive Leaf Extract to 172 of his patients suffering with various viral skin problems, including herpes. Taking just 6 capsules per day, 120 of the patients fully recovered, while 52 were greatly improved. Not one patient's herpes/viral skin condition worsened or stayed the same. In every case, the person improved or fully recovered.

One woman in Dr. Lyons clinic suffered mouth lesions from herpes sim-

plex 1, herpes genitalis lesions and herpes zoster (shingles) with painful lesions. Just seven days after beginning Olive Leaf Extract her lesions were gone.

Research and/or clinical experience to date indicates that Olive Leaf Extract can favorably impact herpes 1 and 2, human herpes virus 6 and 7, and herpes zoster (shingles).

Vaginal Yeast Infections

One 36 year-old woman, who had suffered repeated vaginal yeast infections for several years, tells this account of her experience with Olive Leaf Extract:

"I have seen several doctors using conventional medicine. They prescribed every medication available to combat yeast, all to no avail. After less than three weeks of taking the olive leaf supplement, all symptoms cleared up and have not returned. As a sufferer of herpes simplex II, I would experience outbreaks several times a year. Now, I have had no more flare-ups."

Appendix A

Olive Leaf Extract's Effectiveness Against Certain Pathogens Invitro

Note: Invitro (in the test tube) results like the ones listed below do not prove effectiveness in vivo (in the body). This information is shown only to demonstrate Olive Leaf's anti-microbial properties.

Olive Leaf Extract has been shown effective against the following viruses, retroviruses, bacterium, parasites, yeasts, protozoans, fungi, molds and other microbes and diseases as demonstrated in laboratory testing (including the In Vitro Paper Disk Bioassay method):

Amoebiasis
Anthrax
Athlete's Foot (Tinea Pedis)
Bacillus subtillus
Botulism
Campylobacter
Candida krusei NRRL Y-105
Chancroid
Chicken Pox
Chlamydia
Clostridium Perfringens Infection
Conjunctivitis ("pink eye")
Corynesbacterium Michiganese
Coxsackie A21
Pediculosis Pubis ("crabs")
Cryptosporidiosis
Cytomegalovirus
Debaryomyces membranaefaciens NRRL Y-1455
E. cloacae NRRL B-414
E. Coli 0157:H7
E. tracheiphila
Ear infections
Ebola Sudan virus
Ebola Zaire virus
Enterobacteraerogenes NRRL B-199
Erythema Infectiosum
Erwinia Carotovora
Escherichia Coli
Giardia
Gonorrhea
Group B strep disease
Hansenula subpelliculosa NRRL Y-1455
Heliobacter Pylori

Hepatitis A
Hepatitis B
Hepatitis C
Herpes 1, 2, 6, 7
Herpes Simplex II (genital herpes)
Herpes Zoster (shingles)
H. Flu Meningitis (Hib)
HIV/AIDS
Human Papillomavirus (genital warts)
Influenza A (PRS)
Influenza A/NWS (HONI)
In. A/PR8/34 (HONI)
In. A/FM/1/47 (HONI)
In. A/Ann Arbor/1/57 (HIN2)
In. A/Hong Kong/Richardson/68 (H3N2)
In. B/Lee/40
In. B/Maryland/1/59
Kloeckera apiculata NRRL Y-1380
L. Brevis 50
Lactobacillus Plantarum (W50)
Leptospirosis
Leuconostoc Mesenteriodes 42
Listeria
Norwalk Agent
P. Solanacearum
P. Lachrymans
Parainfluenza 1 (Sendai) ATCC
Para. 1 (C-35, HA-2)
Para. 1 (Sendai) TUC
Para. 2 (CA, Greer)
Para. 3
Pediococcus Cerevisiac 39
Pichia membranaefaciens NRRL Y-1627
Plasmodium falciparum
Pneumococcal Meningitis
Pneumonia, bacterial or viral
Pseudomonas Fluorescens
Pseudorabies
Pyoderma
Rabies
Rat Bite Fever
Rauscher Murine Leukemia
Reovirus (Deering)
Roundworm
Rubella (German measles)
S. cerevisiae var. ellipsoideus NRRL Y-635
Saccharomyces rosei NRRL Y-1567
Staphylococcus Aureus
Vaccinia
Vesicular Stomititus
Virax
Xanthomonas Vesicatoria
Yersinia (yersiniosis)

Appendix B

Olive Leaf Extract's Effectiveness Against Certain Pathogens Based on Patient or Physician Reports

Note: Anecdotal reports only report experience and are not scientific evidence. Olive Leaf Extract is not a cure, but is thought to boost the immune system.

Olive Leaf Extract has been reported effective to help support the body's fight against the following conditions as related by patient or doctor reports:

Achy joints
Allergies
Arthritis
Asthma
Athlete's Foot
Bacillus cereus
Back Pain
Bladder infections
Blood poisoning
Bronchitis
California encephalitis
Candida
Cholera
Chronic Fatigue Syndrome
Chronic Fungal problems (skin and nails)
Colds
Cold Sores (Herpes Simplex 1)
Croup
Cytomegalo-virus
Dengue fever
Dental infections
Depression
Diarrheal diseases
Diptheria
Ear infections
Encephalitis
Epstein-Barr virus
Fever
Fibromyalgia
Food Poisoning
Gastroenteritis
Hand, Foot and Mouth Syndrome
Hantavirus Pulmonary Syndrome
Head lice
Heart arrhythmias
Hemorrhoids
Herpes
Human Immunodefici ency Virus (HIV)
Immune System strengthener
Impetigo
Infant botulism
Infections and Abscesses
Influenza
Japanese Encephalitis
Legionnaires' Disease
Leokoplakia (Dental)
Leprosy (Hansen's Disease)
Lyme Disease

Lymphocytic Leukemia
Malaria
Marburg Monkey Virus
Measles
Meningitis; bacterial and viral
Moloney Murine Leukemia
Moloney Sarcoma
Mononucleosis
Mumps
Mycoplasma Pneumonia
Neck Pain
Newcastle Disease
Parrot Fever
Pasteurella
Pelvic Inflammatory Disease
Pharyngitis
Pinworm
Polio 1
Polio 2
Polio 3
Pork Tapeworm
Psoriasis
Pulpitis (Dental)
Q Fever
Rabies
Rat Bite Fever
Rauscher Murine Leukemia
Respiratory Syncytial Virus
Retrovirus Infection
Rheumatic Fever
Ringworm
Rocky Mountain Spotted Fever
Roseola
Rotavirus Diarrhea
Salmonella Enteritidis
Scabies
Scarlet Fever
Sexually Transmitted Diseases (some)
Shigella
Shingles
Sinusitis
Sinus infections
Skin problems
Smallpox
Sore Throats
St. Louis Encephalitis
Staphylococcal Food Poisoning
Stomatitis (Dental)
Strep Throat
Syphilis
Thrush (Oral Candidiasis)
Tinea Cruris (Jock itch)
Tonsillitus
Toothaches
Toxic Shock Syndrome
Toxoplasmosis
Tracheitis
Trichomoniasis
Tuberculosis
Typhoid Fever
Urinary Tract Infections
Vaginitis
Vincent's Infection
Warts
Whooping Cough (Pertussis)
Yeast infections
Yeast Syndrome (Chronic Polysystemic Candidiasis)
Yellow Fever

Appendix C

Olive Leaf Extract's Effectiveness Against Certain Pathogens Based on Anecdotal Clinical Testing

Note: Anecdotal reports only report experience and are not scientific evidence. Olive Leaf Extract is not a cure but is thought to boost the immune system.

Olive Leaf Extract works against the following problems as demonstrated by anecdotal clinical testing:

- The generalized degradation of pathological microorganisms of all types - viruses, retroviruses, bacteria, fungi, yeasts, molds, protozoa and parasites.
- The relief of arthritic-type inflammations.
- Better control over the risks of elevated blood sugar.
- Elimination of chronic fatigue and its related problems.
- The creation or restoration of abundant energy with prolonged stamina.
- The normalization of certain types of heart problems.
- The improvement of blood flow.
- The lessening of hemorrhoid pain.
- Relief from toothaches.
- The destruction of free radicals via antioxidant action.
- The clearing of fungal infections such as mycotic nails, athletes foot and jock itch.
- Relief from malaria and dengue fever, as well as other exotic fevers.
- The prevention and relief from all types of viral problems.
- The reversal of problems associated with candida albicans and other yeast-related discomforts.
- Death and excretion of a variety of parasites.

References & Resources

FOOTNOTES

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